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Participant Perceptions of Physical Activity-Enhancing Interventions for Adults with Disability: A Meta-Synthesis of Qualitative Research

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INTRODUCTION

- The United Nations Convention of the Rights of Persons with Disabilities enshrines the rights of disabled people to access physical activity (PA).
- Yet, disabled people face multiple personal, environmental and social barriers to PA participation.
- Individuals with physical disabilities are most likely to be physically inactive and are predisposed to inactivity-related diseases.
- There is an urgent need for behaviour change interventions to increase PA by specifically addressing the situations of people with physical disabilities and their barriers to participation.

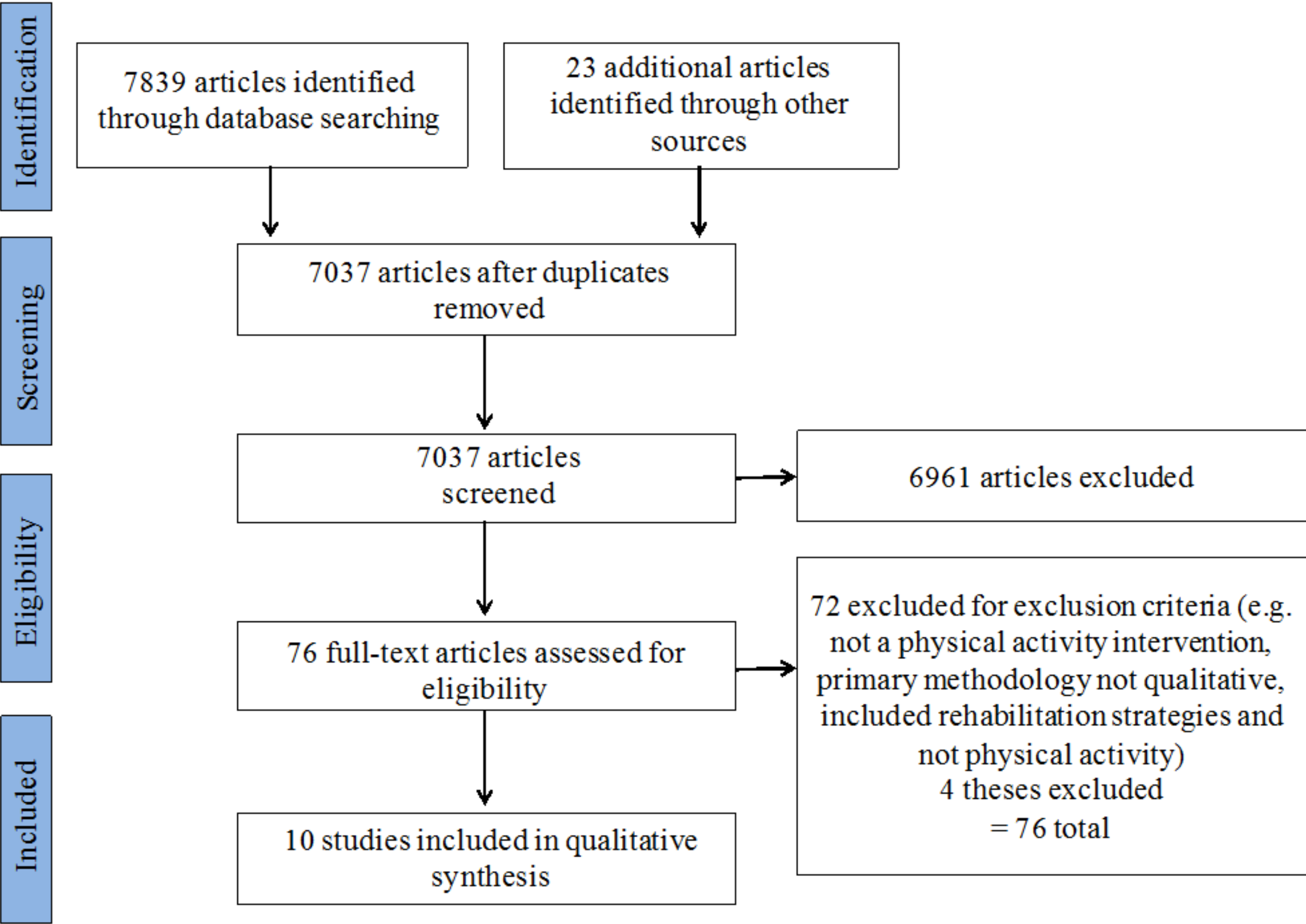
PURPOSE

- To explore the experiences and perceptions of people with physical disabilities who have participated in PA behaviour-change interventions.



METHOD

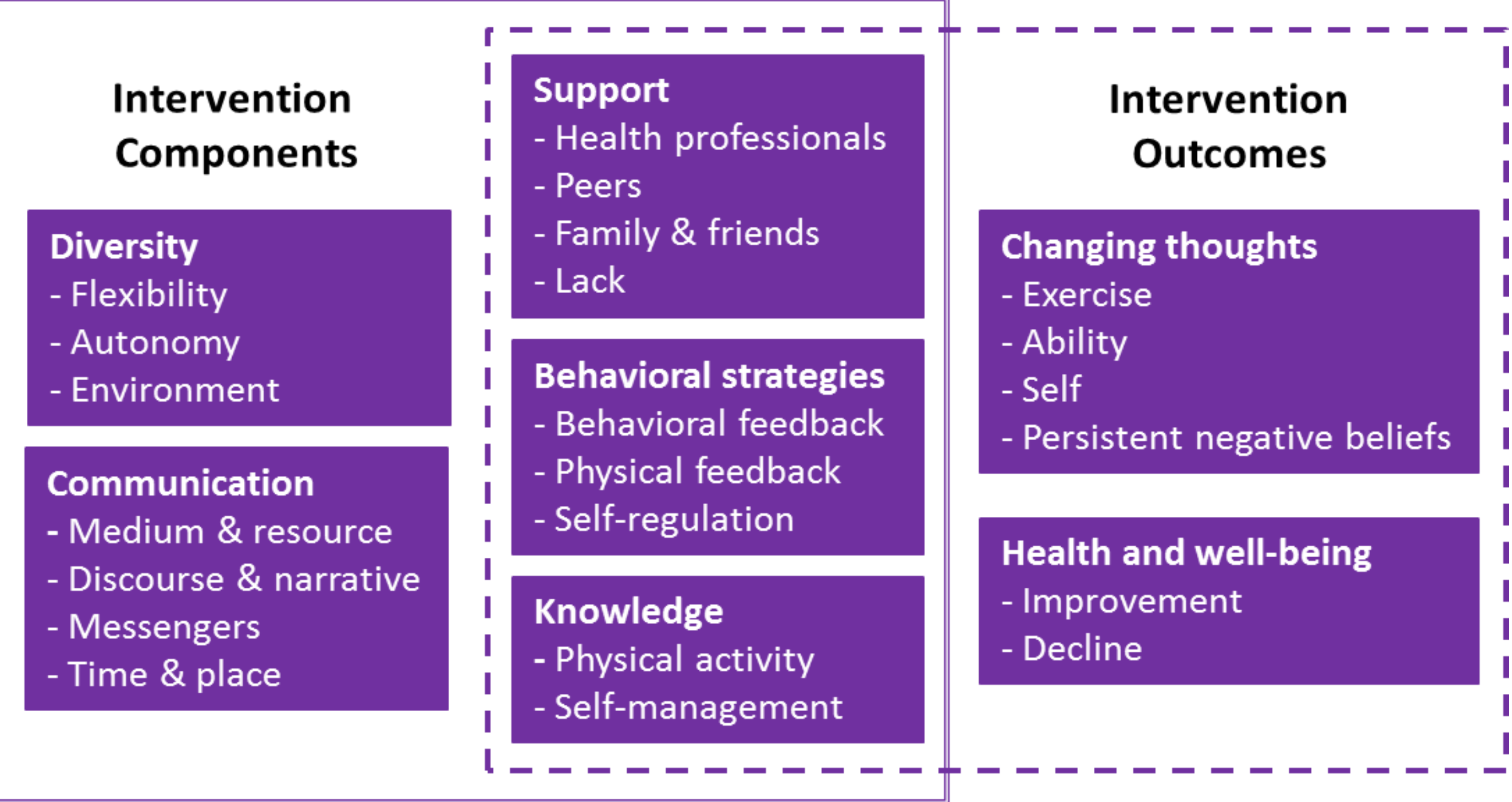
- A meta-synthesis involves the systematic review and synthesis of qualitative research to *go beyond* findings of primary studies and reveal new knowledge.
- Peer-reviewed articles were identified through a rigorous systematic search of electronic databases, relevant journals and papers.



- Following a critical appraisal, methods of *thematic synthesis* were drawn upon to generate analytical themes through interpretation and conceptual synthesis.

RESULTS

- Seven interrelated analytical themes were constructed representing both components and outcomes of the interventions.



DISCUSSION

- People with disabilities perceive aspects of *informational, social* and *behavioural* interventions to be important for promoting physical activity initiation and maintenance.
- A *combination* of intervention types are needed to empower people with the knowledge, skills and support to be physically active for life.
- This information will help interventionists design more effective PA-enhancing interventions, and researchers to better identify and measure key mechanisms and outcomes associated with successful PA-enhancing interventions for people with disabilities.